



# JULY 2018

## Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Water Fitness CGBD	3 Water Fitness Swim Lessons	4 <b>CLOSED</b>	5 Water Fitness Swim Lessons	6 Water Fitness Swim Lessons CGBD	7 Water Fitness Swim Lessons
8	9 Water Fitness CGBD	10 Water Fitness	11 Water Fitness CGBD	12 Water Fitness	13 Water Fitness Swim Lessons CGBD	14 Water Fitness Swim Lessons
15	16 Water Fitness Swim Lessons CGBD	17 Water Fitness Swim Lessons	18 Water Fitness Swim Lessons CGBD	19 Water Fitness Swim Lessons	20 Water Fitness Swim Lessons CGBD	21 Water Fitness Swim Lessons Birthday Party 1:15-3:15pm
22	23 Water Fitness Swim Lessons CGBD	24 Water Fitness Swim Lessons	25 Water Fitness Swim Lessons CGBD	26 Water Fitness Swim Lessons	27 Water Fitness Swim Lessons CGBD	28 Water Fitness Swim Lessons
29	30 Water Fitness CGBD	31 Water Fitness				

*Number of Lanes  
(parenthesis)*

[Swim Lessons](#)

**Morning Lessons**

\*M-TH 10:00am-11:15pm(1)

Fri 10:30am-11:30 (1)

Sat 9:30am—1:15pm (3)

**Evening Lessons**

\*M-TH: 4:30-7:15 pm(3)

T/TH UNTIL 8:15PM

[Water Fitness](#)

M//W

8 am–12pm M/Only(4)

8am-2pm Wonly(3)

5:30-6:30p.m. M/Only(2)

Tu/Th:

9 a.m.-1:00p.m. Tu/Only(3)

8am-1pm Th/Only (3)

5:30-6:30pm(3)

Fri:

8.00am-2.00pm (3)

Sat:

9:30am-11:30am(2)

[Rec Racers](#)

[CGBD](#)

**M/W/Friday**

6:15am-8:15am (4)

[WAC](#)

\*\*\*The pool will be vacuumed every day. Half the pool will be closed off at a time for cleaning. Thank you for your patience with this.\*\*\*

*For more information, please  
call the Aquatics Coordinator at  
757-259-4185.*

# JULY 2018

## WATER FITNESS

### CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 a.m.	Aqua Fit Cardio Linda		Aqua Fit Cardio Linda		Aqua Fit Cardio Linda	
8:30 a.m.						
9 a.m.	A.F.A.P. Linda	CROSS/WALK H2O Beth	A.F.A.P. Linda	CROSS/WALK H2O Beth	A.F.A.P. Linda	
9:30 a.m.						H2O HIIT FIT Nancy
10 a.m.	Walk & Tone Beth	Boot Camp Beth Cardio Linda At CRP	JOYnts in Motion Beth	Boot Camp Beth Cardio Linda At CRP	SilverSneakers® Splash Beth	Cardio Linda At CRP
10:30 a.m.						SilverSneakers® Splash Margaret
11 a.m.	SilverSneakers® Splash Linda	Aqua Zumba Jenny	Cardio Linda	SilverSneakers® Splash Margaret	JOYnts In Motion Beth	
NOON		SilverSneakers® Splash Margaret	Aqua "Boot Camp" Beth	Zumba Felix	Aqua "Boot Camp" Beth	
1:00 p.m.			Aqua Jogging For Runners Beth		Aqua Jogging For Runners Beth	
5:30 p.m.	Cardio Nancy			Cardio Flow Nancy		

*\*\*James City County Recreation Center wristband and Combo pass holders are guaranteed a minimum of 150 classes each month and have the option of taking both land and aquatic fitness sessions. Parks and Recreation makes every effort to minimize class cancellations, and when necessary, makes every effort to secure a substitute instructor. Because we offer more than 150 classes monthly and the price of the*

wristbands and combo passes cover this entire selection of classes, individual refunds are not issued for specific class cancellations. The monthly group fitness class schedules are emailed to participants who provide a valid email address, and are also available at the Center Front Desk, online and are posted by the aerobic studio. For the complete description of all land and aquatic class offerings, please visit our website at <http://www.jamescitycountyva.gov/2673/Aquatics>

# WATER FITNESS CLASS DESCRIPTIONS

## AQUA JOGGING FOR RUNNERS (NEW)

Strengthen, increase your endurance while burning 11.5 calories a minute. This class is for experienced runners and beginners.

## CROSS/WALK H2O (NEW)

If you are looking to add variety to your aqua fitness exercises this shallow water, low-moderate impact class offers elements of both **WALK & TONE** and **X-FIT #H2O**. Whether you're a beginner or an experienced exerciser looking to take your fitness to the next level; Cross/Walk H2O targets your core, arms, legs and glutes will increase flexibility, cardio and strength for total body workout. Suitable for all fitness levels. No swim skills needed. Aqua shoes recommended. Water deck-side.

## ARTHRITIS FOUNDATION AQUATIC PROGRAM (A.F.A.P.)

Arthritis Water Exercise provides an environment for relieving arthritis pain and stiffness, and improving range of movement of joints affected by arthritis in soothing warm water. Water supports joints, lessens stress, allows free movement and provides mild resistance to build muscle strength.

Participants perform range-of-motion, strengthening and aerobic exercise.

## CARDIO

This class involves a warm-up, about 25 minutes of cardio and then an array of exercises that include toning, stretching, flexibility and of course, core. This is an overall body workout that will help increase your endurance, improve balance and leave you with a feeling of good health.

## AQUA DANCE /ZUMBA

Do you love to move to the music? Want to move to the beat in the pool for a spirited exercise that leaves you smiling ear-to-ear? AQUA DANCE is the class for you. ZUMBA is a fun, energetic class that fuses Latin rhythms and easy to follow moves. Now, AQUA DANCE adds all the benefits of aquatic exercise to a variety of dance workouts. AQUA DANCE embraces the rhythms and movements of a variety of upbeat musical styles for fun and energizing workouts. Anyone can join AQUA DANCE. No dance background necessary- just the willingness to move and have fun. Routines feature dynamic rhythms and easy-to-learn steps that'll get you moving right away. In minutes you'll be moving to the beat and having a blast.

## AQUA FIT CARDIO

Rev up your day with a dynamic cardio workout without the joint stress. This class offers a cardio endurance and strength workout suitable for all fitness levels. No swim skills needed.

## AQUA JOYNTS IN MOTION

Put JOY back in movement with flex, stretch and range of motion exercises. Stand Fit for better posture, balance, breathing and strength. Standing fit. Helps us Breathe Better. When we breathe better we stimulate our metabolism and are also able to burn calories faster. Uses More Calories. Standing up straight will burn more calories a day. Not only because you are building muscle but because you are using more energy. Builds Strength. Standing up straight on a regular basis builds muscle & strength, specifically core muscles which are your abdomen and back. Sheds 10 Pounds Instantly. When we slouch we look heavier than we really are. Good posture forces us to pull everything up and in and we look thinner. Suitable for all fitness levels.

## SPLASH / SilverSneakers®

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

## H2O - HIIT FIT

Rev up your heart rate with High Intensity Interval Training which will improve your stamina, torch calories and leave you feeling exhilarated.

## WALK & TONE

Water walking is an easy, effective, low-impact exercise that can provide an excellent aquatic fitness workout. Water walking patterns provide multi directional force and resistance of water so you're toning, strengthening and building muscle as you water walk. Join the group and "Walk & Tone" your body without stress to muscles and joints. No swim skills needed.

## AQUA "BOOT CAMP"

If you're looking to increase your heart rate, endurance, tone and strengthen, then this class is for you. This class will combine cardio, weights and resistance to give you a full body workout.

## CARDIO FLOW

Sync your mind with your muscles in this combo class that blends bursts of cardio activity with yoga, tai chi and other soothing stretches.

## JAMES CITY COUNTY RECREATION CENTER PHONE: 757-259-4200

For access to land and aquatic classes you'll need to purchase a wristband, 10 Tab or Combo Pass from the Front Desk.

\$55; \$50 for JC/W residents - one month unlimited - **with no facility pass**

- \$30 a month for unlimited classes - **1, 3, 6 and 12 month facility pass holders. Excludes Daily Access Passes.**
- \$60; \$55 for JC/W residents - 10 Tab wristband/ no expiration date (10 classes), **no facility pass required**